



ASCENT MARTIAL ARTS



CLASS SCHEDULE: EFFECTIVE 10/01/2024*


Traditional Classes!	Tuesday	Thursday
Tiny Tigers (ages 3** - 6)	4:00p - 4:25p	4:00p - 4:25p
Beginner Family Class (6 & up)	4:30p - 5:20p	4:30p - 5:20p
Advanced Family Class (6 & up)	5:30p - 6:20p	5:30p - 6:20p


Pathfinder Classes!	Tuesday
Leadership (all ages)	6:30p - 7:15p

*Class Schedule may be changed to accommodate academy membership.

**3 year olds are accepted on a case-by-case basis.

Contact Us:

 971.350.9669 (business phone)

 971.351.1972 (text only)

 info@AscentMartialArts.com

 www.AscentMartialArts.com



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Your introductory membership of our **Black Belt Training Program** includes 1-2 classes per week.

SECRETS OF BLACK BELT PARENTS

Secret 1: Black Belt Parents watch classes. Your involvement is essential to your child's success.

Secret 2: Black Belt Parents demonstrate the bow at the door *with* their child. You are the role model, so when you set a good example, your child will follow it.

Secret 3: Black Belt Parents refer to black belts/instructors/adults as "Mr./Mrs./Ms." Or "Sir/Ma'am". This sets a clear example about the respectful relationship required in the academy for everyone to follow.

Secret 4: Black Belt Parents trust the instructors to guide their students during class. Refrain from verbal or nonverbal coaching during class. We have a plan and want to build a coalition with you to guide your student forward. Please see us after class with questions or concerns, or immediately in the event of an emergency.

Secret 5: Black Belt Parents always bring something quiet for our future students to do. We strive to provide the best learning environment possible, so please keep younger siblings with you, and quiet during class.

Secret 6: Black Belt Parents pay attention to what their students are learning in class and reinforce their positive behaviors at home. As parents, you are an important part of the instructional team. Work with your kids to help them become their best selves. We encourage parents to train with their kids to make this a family endeavor.

Secret 7: Black Belt Parents know that their child is an individual who will progress at their own rate. Encourage and support your child's progress by helping set and achieve realistic goals. Comparing them to siblings or other students can damage their self-esteem and confidence. The best praise is to observe their improvement.

Secret 8: Black Belt Parents are encouraging to all students in the school. Through your example, your children will learn to encourage and support everyone, and receive their encouragement and support in return.

Secret 9: Black Belt Parents help their children set goals both in and out of martial arts. Use your child's Black Belt training as a valuable tool to help them plan their success. Goal setting develops perseverance and self-discipline.

Secret 10: Black Belt Parents know and practice school policies and etiquette. By following and enforcing the rules with your children, we all contribute to the respectful and safe culture of the school where everyone thrives.

In the case of a program pause or cancellation, you must complete our Program Suspension form 30 days in advance of the date the pause or cancellation will take effect. Contact us for details!